





SLAMMER

WESLEY SNIPES GOING TO JAIL (page 16)



Monday, November 22, 2010 www.metronews.ca



News worth sharing.

No place like home for the holidays

Plane load of soldiers from Lord Strathcona's Horse (Royal Canadians) and 1 Combat Engineer Regiment expected back from Afghanistan overnight • Last group of Edmonton-based soldiers due back before holidays



About 40 Edmonton families were to receive an early Christmas gift today. A plane filled with Edmonton-based troops returning from duty from Afghanistan was set to arrive home in the early morning hours.

"This is the last group of Edmontonbased troops returning home before Christmas," said military spokesperson Fraser Logan.

Members of Lord Strathcona's Horse (Royal Canadians) and 1 Combat Engineer Regiment were due back on Canadian soil just after midnight. Families awaited their loved ones back at the Edmonton Garri-

This will be the last group of Edmon-

ton-based soldiers to return home in 2010. The next set of troops are not set to deploy to Afghanistan until the spring of 2011.

Canada will end combat missions in the war-torn country in July of next year, but troops are set to stay on in a training capacity until 2014.



Championship rematch for Alouettes, Riders

Alberta Man killed in police standoff

ASIRT to review incident after man shot on Driftpile First Nation (page 4)

Polygamy under review

B.C. Supreme Court looking at freedom of religion (page 7)



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ROCKY VIEW Crossiron Mills Mall SPRUCE GROVE Creekside Centre ST-ALBERT 460-140 St-Albert Rd WHITECOURT 3439 -34th Avenue

New home wanted for young dancers

• B-girl is a common term used for girls in breakdancing

One Edmonton dancer is battling for a space to share hip-hop culture with children and teens.

After losing a longtime practice space at the U of A, Angela Gladue is trying to establish a permanent home where youth can use dance as a positive creative outlet.

"It is needed. It is like family so you always have a place to go," said Gladue. Gladue, also known in

Gladue, also known in the hip-hop community as B-girl Lunacee, has noticed a need for classes like Cypher Sundaes, teaching the history and different styles of hip hop.

"It is something for them to look forward to," said Gladue.

"It can help them in their lives."

Gladue, with a background in aboriginal and hip-hop dance, said programs like these helped her through her child-

History

- Gladue spent half of the summer studying dance in Australia and San Francis-
- Gladue has been dancing for almost 20 years.

hood

Currently, she is operating her classes out of the gallery space at the Sun and Moon Visionaries Gallery and Studio at 10125–97 Ave. Sun and Moon is a non-profit organization that promotes aboriginal arts and culture.

By holding these Sunday drop-in classes, Gladue is hoping to raise money to develop a dance studio to give people in the community a place to go.

"We have been given a space but there is no funding to develop it," said Gladue.

CANDICE WARD



Duckett sorry for cookie snub

Alberta Health Services' top dog is backtracking after snubbing the media for a cookie.

Media questioned Dr. Stephen Duckett, president and CEO of AHS, on Friday following a meeting about emergency room wait times.

"I'm eating my cookie," Duckett repeatedly told reporters as he walked out of the building.

The video of the event was posted on YouTube.

Duckett posted an apol-

ogy Saturday through his blog.

"The meeting made great progress," he wrote. "That success has to some extent been overshadowed by my poor responses to the media afterwards, which I deeply regret and for which I apologize unreservedly."

KATIE TURNER



For more news visit metronews.ca/



News in brief

Fatal stabbing in Coalhurst

CRIME. Lethbridge RCMP are looking for a suspect believed to be responsible for stabbing a man at a community centre in Coalhurst.

The victim, in his 20s, died yesterday morning. RCMP are looking for a man driving a silver or gold car with the licence plate PLE 422.

Famine victims remembered

UKRAINIANS. Hundreds of Ukrainian Canadians took to the steps of city hall in Edmonton Saturday to commemorate Holodomor.

Alberta Health Minister Gene Zwozdesky was emotional as he described the work it took to establish the day of memorial, which recognizes the 1932-1933 Ukrainian Famine.

METR

news



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Man shot, killed in standoff with police

ASIRT to review incident: RCMP

An overnight standoff with police in northern Alberta has ended with a 37-year-old man being shot dead.

RCMP Sgt. Patrick Webb said the Lakeshore Regional Police Service was called Friday night to a report of a disturbance at a home the Driftpile First Nation.

Someone fired a shot when police approached, so the force requested backup from the RCMP emergency response team.

More than a dozen RCMP officers, along with several local police, were outside the home when the man stepped outside at about 9:30 Saturday morning.

"Eventually that individual came out with the firearm and was subsequently shot by one of our members," Webb said.

No one else was injured.

Webb said he didn't know the type of firearm the man had, or whether the man had raised the gun or pointed it at offi-



cers before the Mountie opened fire.

Such details, Webb said, will be examined by the Alberta Serious Incident Response Team, an independent group that investigates serious incidents involving police.

"All those details about exactly what happened, the circumstances, his actions and the actions of our members and all that will be subject to the investigation of the ASIRT team. They're very experienced investigators that will be looking into all those details that are very, very important," Webb said.

Webb said he didn't know whether anyone else was inside the home at the time.

THE CANADIAN PRESS



Stuff a Bus and fill some bellies

Witnesses sought after woman injured



Edmonton police are searching for anyone who may have witnessed an incident involving a woman believed to have been struck by a vehicle in the parking lot of a Boston Pizza yesterday morning.

The 37-year-old was hit at the 199 Street and 62 Avenue Boston Pizza location when she and her boyfriend were leaving the restaurant.

A staff member at the restaurant saw the woman being lifted into her boyfriend's white truck with the help of an-

other man. They then left the scene.

She was taken to hospital and is believed to be in non-threatening condition at this time.

Police are calling for

witnesses to come forward to piece together the events that led up to the woman being injured.

Police are also looking to speak to the man who helped at the scene.

Ånyone who may have witnessed the incident is asked to call 780-423-4537.

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Toy drive gets a boost

• The fair runs twice a year, once in the spring and once in the fall

• The Pop Culture Fair attracted more than 1.500 people this season

It only seemed natural for the organizer of this season's Pop Culture Fair to join forces with an organization screaming for toys this time of year.

organizer John Dorosario decided it was fitting to bring toy collectors and sellers together with Santa's Anonymous. "It is really important

that kids that are in need get something for Christmas," said Dorosario.

"It gives people the joy of giving," said Dorosario. The fair brings together

all things pop culture with a mix of toys, video games, comics and more and was held at the Alberta Aviation Museum.

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Hotel closed for explosion probe

hotel on Mexico's Caribbean coast where an explosion killed five Canadians, including an Edmonton woman, and two Mexicans a week ago has been closed to aid the investigation amid suspicions of a possible failure in a gas system, authorities said Sat-

Officials ordered the 676room Grand Riviera Princess hotel in Playa del Carmen, south of Cancun,

Damages

Last week's explosion blew out windows in the hotel's lounge area and left behind a metre-deep crater.

totally shut down for at least a week. An adjoining hotel will also be closed.

"The purpose of the closure is to thoroughly review all the gas hydraulic structures that may have been a cause of the explosion," said Quintana Roo Gov. Felix Gonzalez Canto.

Darlene Ferguson, 51, of Edmonton, Chris Charmont of Drumheller, and his nine-year-old son, John, were killed in the blast.

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Do polygamy laws violate the constitution?

● Bountiful, B.C. case prompts provincial court to decide whether the practice is protected by religious freedom

A court in British Columbia will begin hearings today as it tackles a question that has been lingering over a small commune in southeastern British Columbia for nearly two decades: Is polygamy a crime, or is it a religious practice protected by the constitution?

That question, and the lack of a clear answer, has stood in the way of the province's repeated efforts to prosecute the leaders of Bountiful, B.C., an obscure fundamentalist Mormon community near the U.S. border where some residents readily admit to mul-

Ripple effect

- A Vancouver-based constitutional lawyer, who isn't connected to the case, says the outcome could affect Canada's marriage laws and will likely be appealed to the Supreme Court of Canada.
- The provincial and federal governments argue polygamy harms women and children, and men don't have a constitutional right to marry multiple wives.

tiple marriages.

While the case may not end with Bountiful, it certainly began there.

Police and Crown counsel in B.C. have been investigating Bountiful since the early 1990s, but shied away from laying charges amid concerns the laws against polygamy wouldn't survive a challenge under the Charter of Rights and Freedoms.

Last year, prosecutors in B.C. charged two leaders in Bountiful, B.C., with one count each of practising polygamy, but the charges were later thrown out.

THE CANADIAN PRESS.



No communication with 29 missing

Underground combustion that continues to generate dangerous gases was preventing rescuers from entering a New Zealand coal mine yesterday where a powerful blast trapped 29 workers nearly two days ago. Two men emerged after the explosion Friday, but there has been no word from the 29 others.

4 dead in driving-ban defiance

A Saudi police official says a young woman in her 20s defying a driving ban died along with three female friends when her car overturned.

Officials said yesterday the woman was driving

Saudi Arabia

 Sexes are segregated in schools and public places.
 Women are not allowed to drive or vote.

her four-wheel-drive vehicle carrying 10 of her female friends on Saturday night in an open area often used by young men in car races in the capital city of Riyadh. THE ASSOCIATED PRESS

Vatican downplays condom talk

The Vatican yesterday cautioned there is nothing "revolutionary" in the Pope's startling assertion that condom use in exceptional circumstances can be a responsible act in the fight against HIV.

THE ASSOCIATED PRESS





Bye-bye

Former prison escapee, Playboy Club bunny and cop always claimed innocence of murder charges

Despite gaining fame for escaping prison former Playboy Club bunny and Milwaukee police officer Laurie (Bambi) Bembenek died Saturday of liver fail-ure without clearing her

She gained notoriety in 1990 after escaping a Wis-consin jail where she was serving life in prison for the shooting murder of her husband Fred Schultz's exwife Christine in 1982.

She fled to Canada with her then fiancé Dominic

Shanghai. Mourns

Gugliatto, the brother of another inmate. They were caught in Thunder Bay, Ont., after about three months.

In 1992 Bembenek willingly returned to Milwaukee and struck a deal with prosecutors after a judge said "significant mistakes" were made in the probe of Schultz's death.

She got 10 years probation and moved to Washington state in the late '90s. Bembenek was 52.

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Searching for answers

Thousands of sombre Chinese marked a traditional day of mourning yesterday for 58 people killed in the high-rise fire in a gathering closely watched by police.



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Good news now, bad news later?

○ Low interest rates point to an economy on temporary life support

Canadians could be enjoying historically low interest rates on loans for cars and homes for quite a long time, economists believe.

Since June, the Bank of Canada has been attempting to "normalize" interest rates, hiking its policy rate by one point.

But recent developments in the global economy — and to a lesser extent in Canada — have not been positive or supportive of monetary tightening regardless of what central bankers want.

The slowing global recovery and the re-emergence of the European debt crisis has caused the TD Bank to revise its outlook on when Bank of Canada governor Mark Carney can safely resume pushing the policy rate, now at one per cent, back to the three to 3.5 per cent range analysts believe is ideal for a balanced economy.

THE CANADIAN PRESS

Financial fact

While still better than the U.S., job growth in Canada has virtually ground to a halt since June, gaining about 5,000 a month when about 15,000 is needed just to keep up with Canada's population growth.



PAWEL KALINOWSKI/THE ASSOCIATED PRESS

Faith in grandiose form

Local businesspeople in Swiebodzin, Poland, hope a monument, dubbed Christ the King, will attract tourists and pilgrims and give the area an economic boost. But some Poles accuse the priest who created it of megalomania and say its grandiosity violates Jesus Christ's spirit of humility.

Bail us out: Ireland

After weeks of denying it needed a bailout, Ireland yesterday became the second European country to ask for a multibillion-euro emergency loan to help stabilize its debt-ridden banks.

Other eurozone countries and the European Central Bank had pushed Dublin to accept help after anxiety over Ireland's massive bank-bailout bill threatened to spill over to other shaky economies.

THE ASSOCIATED PRESS



"I will be recommending to the government that we should apply for this program."
IRELAND'S FINANCE MINISTER

BRIAN LENIHAN

Rogers faces legal hit over ads

Rogers Communications Inc. could face more than \$10 million in penalties for allegedly using misleading advertising to promote its talk-and-text discount wireless brand, Chatr.

The federal Competition Bureau said Friday its investigation has deter\$10M The Competition
Bureau is asking the courts to order Rogers to stop its ad campaign and pay more than \$10 million.

mined there is no evidence to support the claim that Chatr's mobile phone customers experience fewer dropped calls than they would with new rival wireless carriers.

THE CANADIAN PRESS

Jobs will not be lost: Emirates

The United Arab Emirates' flagship airline wants to "set the record straight" after the federal government argued that tens of thousands of Canadian jobs were at risk if it granted more landing rights to airlines from the Middle Eastern country.

Dubai-based Emirates is rejecting the claim that Government House leader John Baird made twice on Friday

"Emirates has difficulty

in understanding this assertion," said the airline's president, Tim Clark, in a statement that was sent to The Canadian Press yesterday.

"We can assure the Canadian government that the increased presence of Emirates in Canada will only deliver favourable benefits to the Canadian economy and in particular to the travelling public."

THE CANADIAN PRESS

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Notice of Dissolution of the Smart Save Corporation

In compliance with applicable legislation pertaining to Canada's Business Corporations Act; this announcement serves as official public notice that as of September 30, 2009; the Smart Save Corporation (formerly the Edmonton Community Loan Fund Corporation) of Edmonton, Alberta has formally filed a Statement of Intent to Dissolve with the Government of Alberta's Corporate Registry office.

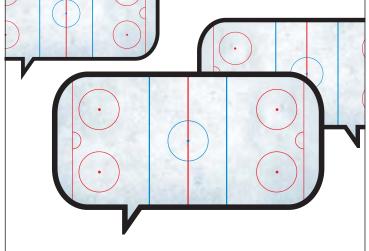
Any claims against the Smart Save Corporation by creditors or other parties must be filed within the next 30 days of this public notice being published. The Smart Save Corporation reserves the right to bar any statement of claims not received by the aforementioned deadline. Claims submitted must include the following information:

- Nature of the claim
- The specific date in which the claim pertains to
- Full contact information of individual or organization filing the claim
- Original copies of documentation supporting the claim

All claims are to be forwarded to

The Smart Save Corporation C/O the Edmonton Financial Literacy Society 10237 – 104 Street Edmonton, AB

Attention: Nigel Kidd, Executive Director



DOWNTOWN ARENA PUBLIC CONSULTATION

City Council has asked for public input on the proposed downtown arena.

You can provide your input by:

- Filling out the questionnaire at www.edmonton.ca/downtownarena, or by calling 311 if you don't have Internet access.
- Attending one of the two open houses and discussion groups:

November 15, 17, 2010

Grant MacEwan University, Robbins Health Learning Centre 10910-104 Avenue

5:00 - 7:00 p.m. Information open house

7:00 - 8:30 p.m. Facilitated discussion groups





POST COUNCILLORS' VOTING RECORDS



When you log into the city's website, you are presented with a plethora of information.

on can find out about agencies and boards, the city auditor and even our poet laureate, Roland Pemberton. Though you can find out how to get a business licence and what the city is doing on environmental issues, there is precious little information about what our councillors are up to when it comes to spending our money.

Each councillor has a web page on the city's site that lists the initiatives they are involved in and some biographical information. A look at Don Iveson's page lists the boards he serves

on as well as the name of his wife and dog. Why someone would want to know that is any-

body's guess. Jane Batty's website contains much the same kind of information except for the wife and dog

thing.
A quick look
at the other councillors' pages show they are all more or less the same One thing that surprised me was that only the mayor has an electronic

newsletter you can sign up for. An electronic newsletter is cheap like borscht to produce so it puzzles me why councillors would not want to keep in touch with voters that way. They have

"An electronic

newsletter is cheap

like borscht to

produce so it puzzles

me why councillors

would not want to

keep in touch with

voters that way. They

have a budget that

would cover any

costs..."

a budget that would cover any costs incurred in doing so. Such newsletters just might improve civic engagement.

It is good to know what committees and boards councillors are involved in and what their backgrounds are. It might even be good to

know the name of their spouse and dog. But what would be even better would be an easy way of

determining just what exactly they voted for and against during the course of their terms in office.

What I would suggest is that the voting record of each councillor and the mayor be posted on the city's site every time there is a vote. Unless you have no life, it's unlikely you would want to watch an entire council meeting so a box score of that type would make keeping up with who's voting for what much easier.

Those voting records should be archived for the councillor's term of office. If that information were readily available come election time, it would make it much easier to decide who you wanted to vote for and who you think did not represent your wishes or that of your com-

Cartoon BOULDER OF SISYPHUS:



Equality: The tie that binds

Any advice for William and Kate?



We asked: What's the secret to a successful marriage?

TORONTO. Equality (or the closest thing to it) through compromise. Relationships divided on the traditional lines of gender, income or social status will almost always put one partner at a disadvantage. To attain equality, decisions within the marriage should be discussed with an open mind and a willingness to change DION DALEY

TORONTO. The secret is to not judge your partner. Always show you are loyal to them and support

them. And, the most common phrase, never go to bed angry. Always solve vour issues as they come. Letting them fester can cause frustration and resentment, which will lead to arguments that can cause strain in the relationship. Always being positive around your partner helps both to relax

and not let small prob-

lems get in the way.

TORONTO. Love, trust. respect. For better or for worse, there's no material equivalence. FLORDELIZA DE CASTRO

TORONTO. Commitment, honesty and responsibility will lead to a successful marriage, HALIME CELIK

What's on your **Christmas wish**

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Metro Minute at a job-hunting class

If you're looking for some help in the job market, head over to the ASSIST Community Service's Centre today for Job Search Day Class.

Meant to help new immigrants to Canada, the class will discuss issues like overcoming barriers, how to improve your interview skills and how to write cover letters and resumes. The class is free to attend and can be registered for by calling 780-429-3111 or by contacting Iane at extension 315 for more information.

The class runs Monday to Friday this week be-tween 9:30 a.m. and 3:30

ASSIST is located at 9640-105A Ave.

MATIE TURNER







Harry Potter



Harry Potter is on the way to his biggest magic act yet.

Harry Potter and the Deathly Hallows: Part 1 conjured up \$61.2 million domestically in its first day, positioning it for the best opening weekend for the series.

Friday's haul puts Deathly Hallows on track to shoot past the franchise's previous high, a \$102.7 million opening weekend for Harry Potter and the Goblet of Fire in 2005. THE ASSOCIATED PRESS





Cher back on top with Burlesque

▶ With a successful residency in Vegas and a new album in the works, Cher isn't slowing down ▶ New movie, Burlesque, debuts this month



After more than 45 years in the entertainment industry as a singer, actress and cultural icon, Cher has plenty to celebrate.

But is there anything she regrets not doing? "Marlon Brando," she says before bursting out laughing. She composes herself before explaining that she did meet with the legendary actor once. "I re-

gret not... meeting him more," she explains. "It was great. We had the best time. But I was trying to make my marriage work — it didn't work anyway."

After a farewell tour that went on for three years, a successful residency in Las Vegas and a new album in the works for 2011, it's clear Cher isn't going anywhere — especially with her return to the big screen, Burlesque, debuting this month.

As something of an elder

"I don't think I'm going any place yet. They're going to have to carry me out feet first."

stateswoman in the world of pop, Cher has a few opinions about how the cultural landscape has

opinions about now the cultural landscape has changed. "When Sonny and I first came out, I had a clothing line right away. And I don't think other people had," she says. "But

now it's a different thing. You sing one song and you've got a perfume."

While she admits she doesn't see much more film work in her future, Cher enjoyed getting into her character for Burlesque, the owner and headliner of a nightclub on the Sunset Strip in Hollywood, noting that she and her on-screen alter ego have a lot in common.

"She has aches and pains, and so do I. She's getting older and so am I.

Eternal diva

- Even after more than four decades in showbiz, Cher is not going anywhere.
- The American recording artist and actress says she wished she saw more of another cultural icon, Marlon Brando.
- Cher stars alongside singer-turned-actress
 Christina Aguilera in new movie Burlesque.

The difference is that she's moving over so that someone else can take her place, and I'm not really ready to do that."



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Three left in Blades battle

▶ Roenick says final three pairs on Battle of the Blades deserve to be there ◆Unlike last year, the winning Blades pair will be determined soley by viewers

Jeremy Roenick says there is no doubt in his mind.

The three pairs of skaters who remain on Battle of the Blades, says the judge, "are the ones who most deserve to be there."

Those pairs are: Shae-Lynn Bourne and Patrice Brisebois; Isabelle Brasseur and Todd Warriner; and Ekaterina Gordeeva and Valeri Bure.

They'll skate two routines each starting Sunday at 8 p.m. ET and then wait for Canada to vote and a winner to be declared tonight on CBC.

The front-runners earlier in the season seemed to be Theo Fleury and Jamie Sale.

Both had intriguing back stories: Fleury had battled addiction and other demons while Sale had announced a split from husband and pairs partner David Pelletier.

A rough outing two weeks ago cost them a shot at the championship, which includes \$100,000 to the skaters' charity of choice.

Saskatchewan favourite Kelly Chase and American born figure skater Kyoko Ina were eliminated last week

Producer and judge Sandra Bezic, who joined Roenick and the finalists on a conference call this week, says she was surprised Fleury and Sale were not in the final three "because they're both tenacious and such great competitors. But this is sport and anything can happen."

Roenick agrees.

"Kelly and Theo did fantastic," he says, "but the best three are here and this is how it should be."

As Blades gets set for its final skate off, one more surprise is on the way: a rival series is getting ready to take the ice. Skating with the Stars premieres next Monday - the same night as the Blades finale - on ABC and CTV.

The new show, from the



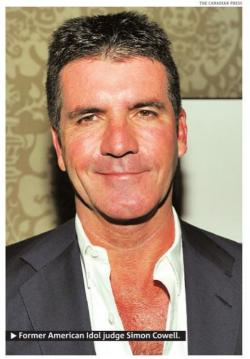


people behind Dancing with the Stars, features various so-called celebrities (including one of the Real Housewives of New York, Motley Crue frontman Vince Neil, forgotten film star Sean Young) partnered with American professional figure skaters.

To blur things further for Canadian viewers, Season One Battle of the Blades judge Dick Button has switch teams and is now one of the three judges on the American skate show.

Bezic says Button has been requesting screeners of Blades all season but was surprised to learn this week that the former Olympian and long time figure skating analyst was part of the Skating with the Stars mix.Unlike last year, the winning Blades pair today will be determined solely by viewer votes. That brings regional rivalries, personal popularity and block voting into play.

THE CANADIAN PRESS



A kinder Cowell will be honoured

Simon Cowell will be awarded at the International Emmys

Simon Cowell's kinder side will be spotlighted when the former American Idol judge is honoured at the 38th Annual International Emmy Awards.

Cowell, who left Idol earlier this year to launch an American version of his hit British singing competition The X Factor next year, will be presented with the International Emmy Founders Award in recognition of both his television achievements and extensive charitable work. The awards ceremony will take place Monday night at

the Hilton New York Hotel.

"Here's a guy who has really changed television," said Bruce L. Paisner, president and CEO of the International Academy of Television Arts & Sciences. "He has taken the form of the television talent show, reinvented and repositioned it, and made it must-view television."

The presentation to Cowell will be the centrepiece of the awards show, hosted by former Beverly Hills 90210 star Jason Priestley, in which 39 nominees from 15 countries will be vying in 10 categories for International Emmys, honouring excellence in TV programming outside the U.S.

British television productions garnered a leading nine nominations, including two for The Street, the BBC1 series about the lives of different residents on a road in northwest England. The Street is in contention for best drama series and best actor for Bob Hoskins for his role as a reformed alcoholic who runs a pub and stands up to the neigh-

bourhood mobster.

Helena Bonham Carter is among the nominees for best actress for the biopic Enid, on BBC4, in which she portrayed the popular British children's writer Enid Blyton, who had a troubled personal life.

The Årgentine crime miniseries Epitafios, produced by HBO Latin America, also received two nominations — for best drama series and best actor, with Leonardo Sbaraglia cited for his role as an assassin.

ASSOCIATED PRESS



Bieber takes home four AMAs

▶ Lady Antebellum, Black Eyed Peas and Taylor Swift among winners ▶ Rihanna performed opening number

Justin Bieber's first American Music Awards was perfection.

The 16-year-old teen heartthrob from Stratford, Ont., went four-for-four last night, capturing every award he was nominated for, including the top award of the night, favourite artist. He beat a list that featured veterans Eminem and Usher as well as Katy Perry

and Lady Gaga.

Bieber became the youngest person to ever win the trophy. Bieber also won favourite pop/rock album, favourite pop/rock male, and the show's breakthrough artist award.

"I can't stop smiling; this is amazing," Bieber said after he also beat Eminem and Usher for favourite pop/rock male. "Truly, I don't know how this is possible because I've been singing Eminem since I was three and Usher is my mentor. So this is big."

Eminem, along with Lady Antebellum, had been the leading nominee with five awards. He didn't come up empty handed though, winning two, along with Usher, who also nabbed a Dail: THE ASSOCIATED PRESS





Lohan gets axed from new movie

The troubled young star will no longer be playing adult film star Linda Lovelace in the film Inferno

The next acting job Lindsay Lohan was relying on has gone away.

director Inferno Matthew Wilder tells E! News that the troubled starlet will no longer be playing adult film star Linda Lovelace in his movie.

"We have stuck by Lindsay very patiently for a long time with a lot of love and support," Wilder says.

"Ultimately, the impos-

After denying allegations of infidelity, Tony Parker

has reportedly filed his

against the actress, accord-

claims that the couple's

marriage has become "in-

The filing reportedly

divorce

ing to TMZ.

▶ Eva Longoria

sibility of insuring her and some other issues have made it impossible for us to go forward."

A rep for Lohan says the decision was "mutual" and that Lohan is "concentrating on her recovery.'

Actress Malin Akerman has reportedly already stepped in to take the role, according to Deadline Hollywood.

supportable because of dis-

cord or conflict of person-

alities between Petitioner

and Respondent that de-

stroys the legitimate ends

of the marriage relation-

ships and prevents any rea-

sonable expectation of

reconciliation." • metro

Parker on defence

petition



Aguilera opens up

Christina Aguilera has kept pretty quiet about her separation from husband Iordan Bratman, but she opened up about it with talk-show host Chelsea Handler.

"I'm doing good. I'm doing really good. Sometimes change is good," Aguilera says.
"I'm entering a whole

different chapter of my life now with the movie and my son and being a mother and the next evolution of my life. It's going good."



Brown impresses

During a probation progress report for Chris Brown's assault conviction from clashing Rihanna in 2009 — the judge was impressed with the singer,

saying of Brown, "No one has done a more consistent job than you have."

Brown has 819 hours of community service to complete METRO

Celebrity tweets



Taylor [Ataylorswift131 Just went shopping at at a Japan-

ese dept and found the biggest journal/stationery section over!!! It was like heaven. Well, for me.



Diablo Cody [Adiablo cody] I was so busy making cooler-than-thou

jokes about Taylor Swift that I didn't notice my index finaer buving every one of her new songs.

Talking points

Snipes heads to jail

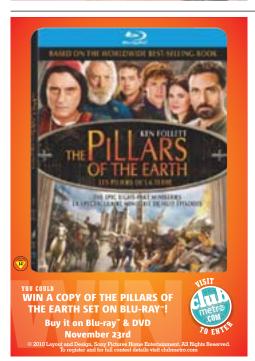
TAX EVASION. After years of fighting his tax evasion conviction, Wesley Snipes has turned himself into authorities to begin serving his three-year prison sentence, according to TMZ.

Snipes was taken into custody over the weekend af ter judge revoked his bail. METRO









With her trademark humour, Sedaris' new book roasts the 1970s-era earnestness often associated with crafting ◆ Despite the book's irreverence, Sedaris hopes it will inspire readers to remember the crafts they once loved







Amy Sedaris **Sets Crafty**in Simple Times

Amy Sedaris grew up making crafts, but that doesn't mean she has to like them.

"I hate crafts," Sedaris said with an upbeat grin as she kicked off a book tour to promote Simple Times: Crafts for Poor People – the tongue-in-cheek guide she wrote with collaborator Paul Dinello.

With her trademark humour, Sedaris roasts the 1970s-era earnestness often associated with crafting, with chapters such as Crafting for Jesus, and Teenagers Have a Lot of Pain. But she also offers plenty of inventive ideas, and conveys warmth and knowledge about her subject.

Sedaris grew up making crafts in North Carolina with her family, including her brother, the humour writer David Sedaris.

"At Christmas, we would make all of our ornaments out of papiermache and Styrofoam "The whole point of the book is that if you have a hobby, or had a hobby, get back into it."

AMY SEDARIS

balls and things like that," she said. She continued to craft throughout her teens as a Girl Scout and mem-

ber of Junior Achievement, selling handmade items door to door.

Still, after a year of in-

Simple Times



Sedaris spent a year coming up with quirky chapter themes, such as crafts for people with various handicaps (Handicraftible).

- ► Those with anger issues are encouraged to distress a wooden box with scissors, "randomly stabbing it like you would a lover who has spurned you."
- A section on nature crafts offers instructions on making a worm composting bin, as well as natureinspired recipes for mint juleps and stuffed mushrooms.
- The book includes a chapter on crafts that can be done by the poor.

cessant crafting for the book, the only project she still can stand is weaving simple pot holders out of cotton loops.

"I make those when I'm on an airplane or when I'm watching TV because it prevents me from biting my fingernails," she said. "I sell them when I'm travelling."

Sedaris, a TV and movie actress perhaps best known for her Comedy Central series Strangers with Candy, is also a baker who has sold homemade cupcakes and cheese balls out of bakeries and coffee shops in New York. (She now makes them upon request.)

The idea for a crafting book grew out of her previous book, I Like You: Hospitality Under the Influence, a humorous guide to entertaining, published in 2006. It ended with a crafts section, and "I didn't have much room for it," she said. "So I had in the back

of my head that maybe one day I'll do a crafts book."

After the chapters were decided on, Sedaris transformed her apartment in New York's West Village into a workshop for hundreds of projects.

Collaborators included comedian Stephen Colbert, who showed how to make a pin out of pieces of broken china found on a beach, and designer Todd Oldham, who made a tinfoil bracelet — one of Sedaris' favourite pieces in the book.

A section on "out of this world" crafts was inspired by Neil Patrick Harris, a magic aficionado and Sedaris' co-star in an upcoming movie, The Best and the Brightest. It includes an alien mask made out of a pasta box, and stars made with marshmallows and toothpicks covered with glitter.

THE ASSOCIATED PRESS



Beat the bugs



If you don't want your family to fall victim to the flu this year, it's time to take preventive measures.

1. Wash your hands frequently. Viruses and bacteria are spread by contact, and can be picked up from doorknobs and other surfaces.

2. Avoid people who have colds or the flu. At the office or school, get people who are ill to stay home.

3. Fortify your immune system with vitamin D. Known as a bone-strengthening nutrient, research shows vitamin D is also a powerful immune booster.

4. Get plenty of sleep. A tired body has a more difficult time fighting off invaders like viruses.

5. Eat colourful foods. Antioxidantrich fruits and veggies also support
immune health and
are excellent sources
of vitamins, minerals
and fibre.
NEWS CANADA



Elvis' stepbrother brings God and the King to the masses.

Easy gluten-free loaf



Ingredients:

- 175 ml (3/4 cup) creamy roasted almond butter, room temperature
- 30 ml (2 tbsp) olive oil
- 3 large eggs
- 50 ml (1/4 cup) arrowroot
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) baking soda
- 50 ml (1/4 cup) dried apricots, chopped into 5 mm (1/4 inch) pieces
- 125 (1/2) cup dried cranherries
- 50 ml (1/4 cup) sesame
- 50 ml (1/4 cup) sunflower
- 50 ml (1/4 cup) pumpkin
- 50 ml (1/4 cup) sliced almonds, plus 30 ml (2 tbsp) to sprinkle on top

- In a large bowl, blend almond butter, olive oil and eggs until smooth.
- In a medium bowl, combine arrowroot powder, salt and baking soda. Blend arrowroot mixture into wet ingredients until thoroughly combined. Fold in apricots, cranberries, seeds and sliced almonds.
- Grease a 1.5-l (3 1/2-by-7 1/2-by-2 1/4-inch) loaf pan with olive oil and . dust with almond flour. Pour batter into loaf pan and sprinkle remaining sliced almonds on top.
- Bake in a 180 C (350 F) oven for 40 to 50 minutes or until a knife inserted into centre comes out clean. Let bread cool in pan for 1 hour.
- Store in cool place until ready to serve. Makes one loaf.



Avocado blueberry salad

Ingredients:

- 4 small avocados • 30 ml (2 tbsp) lime juice
- pinch salt
- 300 ml (1 1/4 cup)
- frozen wild blueberries • 250 ml (1 cup) 1 per cent
- cottage cheese
- 5 ml (1 tsp) honey • pinch cayenne pepper
- (optional) 250 ml (1 cup) alfalfa

Preparation:

Cut avocados in half and remove pits and peel. Slice thinly.

THE CANADIAN PRESS

- Arrange slices on large plate. Drizzle with lime juice and sprinkle salt.
- In a bowl, combine wild blueberries, cottage cheese and honey. Add cayenne, if using. Dollop over avocado slices and top with sprouts before serving.







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Warding off a cocoa crisis

• Chocolate could be as rare and expensive as caviar in 20 years: Experts • But fair trade and technology could prevent a global chocolate crisis



The disturbing news spread like wildfire in forums and Web sites across the Internet: chocolate could be extremely rare and pricey in 20 years' time, experts

Despite this, the World

Cocoa Foundation (WCF), a leading industry group in promoting sustainable cocoa farming, doesn't be-lieve that prediction has to become reality and is helping farmers, in partnership with businesses, governments and research institutes, with the tools they need to succeed.

The startling revelation about chocolate gathered strength just last week when John Mason, founder of the Ghana-based Nature Conservation Research Council, told British newspaper the Independent that shortages in production in Africa — which produces around 70 per cent of

world's cocoa - will have worrying consequences.

"In 20 years chocolate will be like caviar. It will become so rare and so expensive that the average Joe just won't be able to afford it," Mason is quoted as say-

However, Bill Guyton, the president of the WCF, is more optimistic. "While we understand the research data indicating that cocoa could become a rarity in 20 years time, the WCF does not believe that prediction

But in order to meet the growing demand for chocolate products, farmers must get better conditions, Guy-

"Cocoa farming will need to become more professionalized and the social. economic and environmental conditions for the millions of small-scale farmers who grow the crop in West Africa, Latin America and Southeast Asia need to be

has to become reality."

ton tells Metro.

improved."

On a recent trip to West Africa, Guyton visited a farmer who, having com► Tetejay Sesay is part of the Selbelhil Cocoa Farmers' Association in Liberia.

pleted technical training, ing in yield and income imwas producing nearly two provements of as much as tons per hectare by using improved planting materi-20 to 40 per cent.'

Chocolate lovers

Top three retail chocolate 2009 Imports (in USD). Source: Globe Trade Atlas, May 2010.

United Kinadom 1,285,774,486

1,167,694,492 Germany 1,158,638,904

Bill Guyton is president of the World Cocoa Foundation, with nearly 25 years of experience in sustainable development. The WCF is a non-profit organization, with approximately 70 member companies involved in the cocoa and chocolate industries around the world, representing over 80 per cent of the global market.

Why are farmers seeing less incentive to replant the crop?

Cocoa farming is not a plantation crop, but rather grown and harvested by millions of



small scale farmers in remote areas of the tropics. One of the machallenges

we face is how to reach the large numbers of farmers, many who do not belong to any formal farmer group. Farmers respond well when they are given technical training. Investments in training and improved infrastructure is a win for all partners, including farmers, industry, host governments, and chocolate-loving

consumers.

Could a scientific breakthrough, such as the cocoa genome, help both farmers and consumers?

We have seen some very positive developments on cocoa research, such as the genome projects. This can play an important part to improve cocoa farm productivity. We at WĈF look at cocoa farming holistically; productivity improvements also need to be accompanied by strong social and environmental initiatives

O CÉLIA PEDROSO

Question: I'm considering switching to LED holiday lights to decorate my house this year. If I decide to switch, what do I do with the old tangled string of lights?

Chris of Vancouver

aking the switch to more energy-efficient LED (lightemitting

diode) holiday lights is an excellent tradition to establish this year.

LEDs use 90 per cent less energy, last 10 times longer, and are more durable because they don't have filaments or glass bulbs like traditional lights. Where they don't differ much is in the price.

You might also want to purchase a timer to save even more money on your utility bill.

As for recycling that old string of lights, you have a few options.

Most regional recycling facilities can help. Find out what you can recycle in your area by contacting the BC Recycling Council at 1-800-667-4321.

In 2009, for example, BC Hydro set up an incandescent light-string recycling program in the Lower Mainland during the Bright Nights in Stanley Park seasonal event.

No matter where you live, you can visit the webof your provider to see if it is hosting a similar local event.

Various retailers, such as Home Depot, have also hosted holiday light exchanges in the past. Find out if your local hardware store is collecting old strings.

Some stores will even reward your recycling and energy-saving efforts by offering discounts on LED options.

Holiday LEDs is an ecommerce company that offers a program to recy-cle your lights. It's free, but you will have to pay to ship the lights to Michi-

Queen of Green

als, proper tree spacing, fer-

times the national averages

of most cocoa-producing countries. That is just one

example of our efforts to

improve cocoa farm production and the living stan-

dards of those who grow

the crop. To date, WCF has

reached some 420,000 farmers with improved cul-

tivation techniques result-

"This is nearly three

tilizers and pest controls.

LINDSAY COULTER

SEND YOUR QUESTIONS TO OUEENOFGREEN@METRONEWS.CA DAVIDSUZUKI.ORG/BLOGS/ QUEEN-OF-GREEN



Consider getting together with friends or family and put together one parcel. In 2009/2010 Holiday LEDs recycled about 4,500 kilograms of old lights. Find the compa-

online at dayLEDs.com or visit its Facebook page.







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larchpark.ca

Hoping for a slow thaw

• Thawing of permafrost could release large amounts of methane gas

The Russian scientist shuffles across the frozen lake, scuffing aside ankle-deep snow until he finds a cluster of bubbles trapped under the ice.

Gas locked inside Siberia's frozen soil and under its lakes has been seeping out since the end of the last ice age 10,000 years ago. But in the past few decades, as the Earth has warmed, the icy ground has begun thawing more rapidly, accelerating the release of methane — a greenhouse gas 23 times more powerful than carbon dioxide — at a perilous rate

Some scientists believe the thawing of permafrost could become the epicentre of climate change. They say 1.5 trillion tons of carbon, locked inside icebound earth since the age of mammoths, is a climate time bomb waiting to explode if released into the atmosphere.

"Here, total carbon storage is like all the rainforests of our planet put together," says the scientist, Sergey Zimov — "here" being the endless sweep of snow and ice stretching toward Siberia's grey horizon, as seen from Zimov's research facility nearly 350 kilometres above the Arctic Circle.

Climate change moves back to centre-stage on Nov. 29 when governments meet in Cancun, Mexico, to try again to thrash out a course of counteractions.

But UN officials hold out no hope the two weeks of talks will lead to a legally binding accord governing carbon emissions, seen is the key to averting what is feared might be a dramatic change in climate this century.

Most climate scientists.

with a few dissenters, say human activities — the stuff of daily life like driving cars, producing electricity or raising cattle — is overloading the atmosphere with carbon dioxide, methane and other gases that trap heat, causing a warming effect.

But global warming is amplified in the polar regions. What feels like a modest temperature rise is enough to induce Greenland glaciers to retreat, Arctic sea ice to thin and contract in summer, and permafrost to thaw faster, both on land and under the seabed.

Yet awareness of methane leaks from permafrost is so new that it was not even mentioned in the seminal 2007 report by the Intergovernmental Panel on Climate Change, which warned of rising sea levels inundating coastal cities, dramatic shifts in rainfall disrupting agricul-



ture and drinking water, the spread of diseases and the extinction of species.

THE ASSOCIATED PRESS



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Melcor Launches a Greener Development with Community in Mind

ow do you marry modern design and landscaping development with a natural park reserve in one of Edmonton's best new housing initiative? The answer is Larch Park.

Perched on the edge of the Whitemud Ravine, Larch Park is a new development underway led by Larix Communities, a joint venture between Arctos and Bird and Melcor Developments. The project is integrated into the new Larch Sanctuary, an expanse of the Whitemud Ravine protected by the Edmonton and Area Land Trust for it's unique animal inhabitants.

A well-established company built on over 88 years of quality business, Melcor is taking the initiative to build a new kind of community. The development will feature innovative architecture and energy efficient housing, but one of the most interesting components of the development is how they layer their dirt.

Michael Clarke, a Plant Ecologist and Environmental Biologist, was giving a talk on restoring urban ecosystems when he was approached by Melcor to apply the ideas he was pitching about yards to Larch Park.

"As an Ecologist, when I talk with developers, they don't really care. The thing I just loved about this project was how interested and supportive they were", said Clarke. "They told me to be as ecologically pure as possible, to take the high road."

When the preparatory work began on site, Melcor maintained the native soil in a whole new way by storing each layer separately.

"We put a lot of value into the soil. Instead of storing it in one anaerobic pile, we piled it across large areas to maintain the bacteria and the properties of the soil", said Clarke.

Once neighborhood services were installed, the soil was accurately re-laid back to its original state.

When the time came to choose the flora for the development, Melcor decided on an unconventional path. Based on recommendations by the Northern Forestry Centre the developers planted over 36,000 pieces of vegetation this and will plant over 40,000 next year.

By over-planting locally found species, the development will naturally form a self-maintaining integrated ecosystem of wetland and grassland. It will naturally weed out inefficient plant life, requiring little maintenance and establish a continuous environment with the adjacent Sanctuary.

To learn more about the project and it's neighboring sanctuary, visit www.larchpark.ca.



LEADING THE FIGHT AGAINST VIOLENCE



he gunshot exploded through the night air, smashing the glass of the sandwich shop and shattering the spine of Louise Russo. She had stopped to get her daughter a late-night snack and now she was lying on the floor bleeding and unable to move.

Months of surgery and therapy followed. She was alive but facing a new world filled with wheelchairs, health issues, a devastated family and the continued care of a special needs child. Through the dark days of her despair came a moment of inspiration. "I wanted to turn a horrible tragedy into something positive."

Russo was injured by an underworld hit gone wrong. Since children and youth were her passion, she decided to reach out to

communities torn apart by violent crime

Since 2006 she has hosted two public walks against violence, talked to over 30,000 students in schools, and created the Louise Russo Youth and Leadership Awards. Her message is clear. "Young people need to believe in themselves and realize their voices do count."

The gentle, shy and unassuming Louise Russo has become the face and force of an anti-violence movement in Canada. Now it's time to help and lend your voice to the cause.

Youth gun violence rising

- Since 2002, youth accused of a gun-related offence has risen 32 per cent.
- Highest rates of overall gun violence in Canada is Vancouver, Winnipeg and Toronto.
- Youth gun violence is highest in Toronto and Saskatoon. SOURCE: STATS CAN



Applications are being accepted from across Canada for the 2011 Youth and Leadership Awards. They're looking for young

people between the ages of nine and 19 who have shown leadership to reduce violence in their communities.

Exceptional youth

The Louise Russo Youth and Leadership Awards are open to nine- to 19-year-olds who:

- Demonstrate respect for others and responsibility to their schools and community.
- 2. Have been involved in leading a project that made a change in their community or school.
- 3. Have inspired others to continue with a good works initiative.

Applications can be downloaded from the Louise Russo W.A.V.E. (Working Against Violence Everyday) website: louiserussowave.ca.

Do you know someone? Is it you? Take a stand against violence with Louise Russo and make it a turning point for you and your community.

Business travellers earn their vacations



Everybody's working for the weekend — or even better, the week-off. If you're a small business owner who travels often, make sure your business travel credit card is working as hard as you are.

ing as hard as you are.
With the right credit card, the trips that you have to take can help you accumulate points for the trips you want to take.

According to a recent poll by TD Canada Trust, two-thirds of Canadians can use the travel points they accumulate on business travel for personal use. Here are some tips on how to make the most of your credit card rewards.

Accumulating points

Use your business travel credit card for as many business expenses as possible. It may seem simple, but the only way to accu-

mulate points on your card is by using it. By using your card for most business expenses on a trip, you can avoid travelling with a lot of cash and you will earn more points with each trip.

Look for ways to double up

Some travel cards offer ways to accumulate double

or triple the rewards. For instance, with a TD Business Travel Visa Card, you earn triple the rewards when you book travel on your credit card through the TD Travel Rewards Centre.

Redeeming points

You've earned your vacation time and your travel

points, so there shouldn't be limitations on how you use them. Research your travel card to make sure it gives you the flexibility to redeem your travel points for any travel — not just hotel accommodations and flights, but room service, car rentals, airport parking and even taxes.

NEWS CANDA



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Interested individuals can contact our H.R department by phone 780-413-9000, fax 780-413-9001 or email: HREdmonton@paladinsecurity.com



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News worth sharing



Don't leave yourself exposed

Facebook, Myspace, and Twitter can be a great way to stay in touch.

However, if you have an open profile on any social networking site, it's a good idea to go into the privacy settings and mark it "closed" — that way only the friends on your list can see the details of your profile.

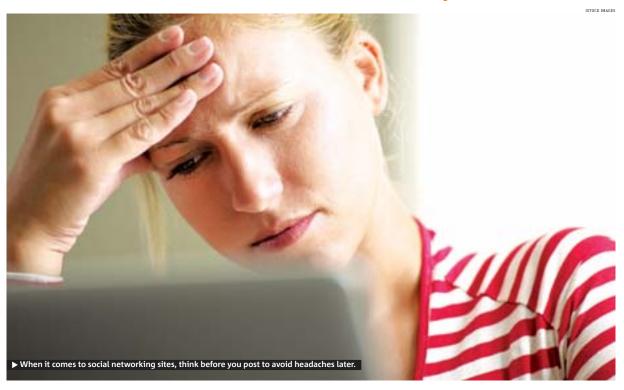
The privacy settings give you lots of options — you can even limit what different friends see. For example, you can adjust the settings so that only good friends can see everything.

Some websites will even allow you to change the setting on a single picture or photo album that you may not want to share with everyone on your friends list.

Another good idea is making sure your password is strong. Using eight characters or more is recommended, because the more characters you use, the stronger the password will be.

NEWS CANADA

Sure, posting vacation snapshots or humorous status updates may seem like a good idea, but it could also backfire on you personally and professionally
 Online mistakes can lead to real-world consequences





PRACTICAL NURSE DIPLOMA PROGRAM STARTS IN JANUARY

Start the new year on a path to a new career! Be part of a compassionate, caring team of professionals in the exciting field of health care. The two-year practical nurse program is Canada's largest and the credentials are recognized across the nation.

APPLY NOW AND START IN JANUARY Call 780-644-6000 or visit www.norquest.ca



Do you know who your online friends are?

Did you know you can be fired from your job for an inappropriate Facebook status, a questionable Myspace photo, or a controversial Tweet?

You may think it can't happen, but it can, and it does. And there are worse repercussions than being fired too.

That's why it's important to watch what you post online. Your real-life reputation is based on your interactions and the way you compose yourself in real-world, face-to-face circumstances. Just as you have a real-world reputation, you also have an online reputation.

It's easy to think that because of the disconnected nature of the Internet, the things you post online won't harm your real-world reputation. Unfortunately, this is not the case.

Just because you are posting from the comfort of a computer screen doesn't mean the post is not associated with you.

Even if your privacy settings are set so that only

Online privacy

- Stoddart encourages parents to take the time to talk to their kids about privacy and the value of their personal information.
- Privacy is a fundamental right in our society, and personal information should only be collected with your permission.
- Visit youthprivacy.ca for more information

your friends can see what you are posting, word can travel fast. Someone can always see a questionable post from you and report it to a boss, parent, teacher, spouse or friend.

Before you post anything online — be it a picture, status update, comment or wall post — make sure it's something you are comfortable being associated with. If there is a picture or comment you're unsure about, don't post it. NEWS CANADA

Listen to your online instincts

Social networking sites such as Facebook and Twitter can be great tools, but it's also important to remember they are public and permanent. That's why it's important to make sure you know the people you are adding as "friends."

When online, it's difficult to be 100 per cent sure of people's true identities. If online friends have little or no real-world connection, always use caution. The more realworld connections with an online friend, the more confident you can be in sharing information with

While you can be confident in sharing your vacation photos online with your best friend, you might want to think twice about sending them to someone you met through another friend while chatting online. NEWS CANADA

Securing your child's future

• Education can lead to a brighter future, but paying for it can be costly

Did you know that even parents with little or no income can get money from the government to start a post-secondary education savings plan for their child? Here are four important things you should know about starting a Reg-istered Education Savings Plan (RESP).

The earlier you start saving, the more affordable an education becomes.

Even a few pennies a day can help create a promising future for your child through the CESG — Cana-Education Savings Grant. The federal government has money available for all families. The earlier you start putting money into an RESP, the faster that money will grow.

Even families with modest incomes can start an RESP.

Anyone in Canada can open an RESP for a child regardless of their income. The government could give you between two and four dollars for every \$10 you save in the form of a Canada Education Savings Grant.

Your child could also receive the \$500 Canada Learning

If you receive the National Child Benefit Supplement and your child was born after Dec. 31, 2003, the \$500 Canada Learning Bond will be deposited into your child's RESP. The govern-ment will give an additional \$100 each year - up to age 15 — as long as your family continues to receive the supplement.

How to choose your RESP.

Be sure to ask your bank or financial institution if they offer the Canada Learning Bond and the Canada Education Savings Grant.

They can inform you on how to set up an RESP and about any service charge fees and conditions. Shop around and compare the costs and types of RESPs to find the plan that best suits your needs.

You can get more information about RESPs and a list of questions to ask your bank or financial organization at CanLearn.ca.



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Working while in school may be a reality for many post-secondary students. According to an RBC poll, Scholarships 57 per cent of students plan to support themselves by working during the

school year. Furthermore,

one quarter of these stu-dents say that 75 per cent of their summer earnings

"Scholarships are a great way to receive some well earned money to help you meet your goals and to allow you to attend the university or college you've al-ways dreamed of," said Patricia Domingo, an investment planner at RBC.

will go toward the cost of

It's important that students are aware of the sources of funding available to them, including:

There are hundreds of scholarships available to students to help pay for school. Research and determine what scholarships you are qualified for and best fit your needs.

Government grants and loans

The federal government student loans and grants are available to students of all different backgrounds and come in a variety of denominations.

Bursaries are available for all students who display fi-

nancial need. NEWS CANADA



Lending students a hand

Many students today strive to make ends meet and are always looking for ways to earn money to cover the costs of postsecondary education.

According to an RBC poll, 35 per cent of students plan to rely on scholarships and/or bursaries to support themselves while in

Below are just a few

scholarships that are available to students:

- · RBC awards more than \$300,000 in scholar-ships. Explore all financial options available including bursaries, student bank loans and scholarships. To learn more about RBC scholarships, visit rbcroyalbank.com/scholarships/.
- Student Awards helps students find information on scholarships, bursaries, grants and other forms of financial assistance. It also offers unique scholarships to

online members that are available at studentawards.com.

- Canadian Merit Scholarship Foundation is for students with outstanding academic and leadership excellence, at www.cmsf.ca.
- The McGraw-Hill Ryerson Student Scholarship Award is designed to celebrate student learning and success in postsecondary education. For more, visit mcgrawhill.ca/microsites/ scholarships/apply.php.

sports

Rare victory for Hall and Co.

• Hemsky scores go-ahead goal as Oilers win 3rd in last 17 games



Titans QB Vince Young has a torn flexor tendon in his right thumb and may need season-ending surgery.

Jimmie Johnson von his record fifth straight Sprint Cup title.

A person with knowledge of the situation says the New York Mets have hired Terry Collins as their manager. THE ASSOCIATED PRESS



Ales Hemsky scored the goahead goal with 6:31 left in the third period after a referee's controversial ruling helped Anaheim overcome a two-goal deficit, and Devan Dubnyk made 19 of his 38 saves in the first period in the Edmonton Oilers' 4-2 victory over the Ducks last night.

Sam Gagner and Taylor Hall scored 1:41 apart in the second period, helping send the Ducks to their fifth straight loss following a six-game winning streak. The victory was only Edmonton's third in its last 17 games. Tom Gilbert was



credited with an empty-net goal with 16 seconds left after a pass attempt from Anaheim's Corey Perry Perry from behind the Edmonton

goal went the length of the ice into his own goal. Bobby Ryan and Saku Koivu scored 22 seconds apart in the second period for the Ducks, who were playing without Teemu Selanne because of a groin injury.

Dubnyk made his fourth start of the season and second in a row in place of four-time all-star Nikolai Khabibulin (groin). Dubnyk's other three starts resulted in overtime losses, two of them in shootouts. Technically still a rookie, he entered this season with a 4-10-2 record in the NHL.

Hemsky beat Jonas Hiller

The Oilers, who came

in averaging a leagueworst 19.8 penalty minutes, have allowed 14 power-play goals over their last 11

high to the stick side from close range for his sixth goal after getting the puck in the right circle from Dustin Penner and speed-ing past Anaheim defenceman Toni Lydman. THE ASSOCIATED PRESS

Als hammer Argos to take East title

in the CFL East Division fi-nal vesterday afternoon.

Jamel Richardson, with two long TD grabs, and



scored, Tim Maypray got

on an interception return before 58,021 at Olympic Stadium.

Damon Duval added two field goals for Montreal, which advanced to the Grey Cup game for a third year in a row and an eighth time since 2000. They will face the Roughriders next Sunday in Edmonton. THE CANADIAN PRESS



Riders earn another shot at the Cup



STAMPS

The Saskatchewan Roughriders are going back to the Grey Cup with an opportunity to exorcise the ghosts of last year's debacle in the CFL

championship game. The Roughriders downed the Calgary Stampeders 20-16 in a frigid West final yesterday at McMahon Stadium, They earned a rematch with the Alouettes, who beat them 28-27 last year.

Saskatchewan and Montreal meet next Sunday in Edmonton for the CFL's championship trophy.

Chris Getzlaf, Cary Koch and Wes Cates scored touchdowns for the Roughriders yesterday.

Arjei Franklin scored Calgary's lone TD with Rob Mayer kicking two field goals and Burke Dales adding three single points.

Light snow falling and a windchill of -24 C at kickoff greeted an announced sellout crowd of 35,260 at McMahon. A light dusting of snow on the turf made footing for players treacherous, particularly for the kick returners.

Conditions further deteriorated during the game as the temperature nosedived and snow began falling again in the third quarter.

Calgary had the best offence in the CFL this season but didn't get on track yesterday. Quarterback Henry Burris completed 19 of 28 passes for 225 yards. He threw one touchdown and one

interception. Saskatchewan counterpart Darian Durant didn't have strong numbers going 20-for-36, but he threw one more touchdown pass than Burris and was also intercepted once.

Getzlaf, a Regina native, led all receivers with eight catches for 109 yards.

THE CANADIAN PRESS



Avon Cobourne led the Montreal charge with a touchdown and a dominant rushing and receiving performance as the Alouettes rolled to a 48-17 victory over the Toronto Argonauts

McPherson also Adrian

TORONTO

one on a punt return, and Jerald Brown got another GP W L OTL SL GF GA Pts Home Away Last 10 Strk



EASTERN CONFERENCE

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NHL

d-Washington	21	14	5	1	1	74	59	30	10-1-0-1	4-4-1-0	7-1-1-1	L2
d-Philadelphia	21	13	6	2	0	75	53	28	8-4-0-0	5-2-2-0	7-2-1-0	W1
d-Montreal	20	13	6	1	0	51	39	27	7-4-1-0	6-2-0-0	6-4-0-0	W1
Boston	18	11	5	0	2	54	35	24	4-4-0-2	7-1-0-0	5-3-0-2	L1
Tampa Bay	20	11	7	2	0	62	64	24	4-2-1-0	7-5-1-0	4-5-1-0	W3
Pittsburgh	21	11	8	2	0	66	57	24	5-5-1-0	6-3-1-0	6-3-1-0	W2
NY Rangers	21	11	9	1	0	63	59	23	4-6-1-0	7-3-0-0	5-5-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Ottawa	20	9	10	1	0	49	65	19	5-4-0-0	4-6-1-0	5-5-0-0	L3
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	18	9	9	0	0	50	45	18	5-2-0-0	4-7-0-0	6-4-0-0	W1
Toronto	19	7	9	1	2	43	54	17	5-4-1-1	2-5-0-1	2-6-0-2	L1
New Jersey	20	5	13	1	1	36	65	12	1-5-1-1	4-8-0-0	3-6-0-1	L3
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13
WESTERN C	ONFEI	REN	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	19	13	6	0	0	59	46	26	8-1-0-0	5-5-0-0	7-3-0-0	W1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Columbus	18	12	6	0	0	53	44	24	5-5-0-0	7-1-0-0	7-3-0-0	W3
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	18	10	7	0	1	56	53	21	7-3-0-1	3-4-0-0	5-4-0-1	L1
Nashville	18	9	6	3	0	47	49	21	3-1-3-0	6-5-0-0	4-6-0-0	W2
						58	59	17	5-5-0-0	3-5-1-0	2-7-1-0	L1
Calgary Edmonton	19 19	8	10 10	1	0	49	77	14	2-5-0-1	3-5-1-0	2-7-1-0	W1

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$ St. Louis 3 New Jersey 2 Tampa Bay 2 Buffalo 1 Tonight's games (All times Eastern)

Vesterday's results Atlanta 2 N.Y. Islanders Detroit 5 Calgary 4 (OT) Edmonton 4 Anaheim 2 Phoenix 3 Vancouver 2 Saturday's results Montreal 2 Toronto 0 Chicago 7 Vancouver 1 Colorado 4 Dallas 3 (SO) Colorado 4 Dallas 3 (SO) Columbus 3 San Jose 0 Nashville 2 Carolina 1 (SO) Florida 4 N.Y. Islanders 1 Los Angeles 4 Boston 3 (SO) N.Y. Rangers 5 Minnesota 2 Philadelphia 5 Washington 4 (SO)

Howard (W,11-1-2). Power plays (goals-**RED WINGS 5, FLAMES 4 (OT)** First Period
1. Detroit, Franzen 9 (Rafalski, Lidstrom) 1:56

(pp) 2. Calgary, Hagman 6 (Iginla) 5:21

2. Calgary, Hagman 6 (Iginla) 5:21
Penalties – Regeltr Cal (Interference) 0:55,
Jackman Cal (boarding) 7:07, Giordano Cal
(holding) 10:38, Hagman Cal (holding) 17:38.
Second Period
3. Calgary, Iginla 7 (Stajan) 0:54
4. Calgary, Iginla 8 (Tanguay) 4:09 (np)
Penalties – Bertuzzi Det (holding) 3:26, Backlund Cal, Abdelkader Det (roughing) 19:48. Third Period

Detroit, Datsyuk 7 (Lidstrom, Rafalski) 2:28

(pp) 6. Calgary, Tanguay 6, 7:14 7. Detroit, Zetterberg 6 (Datsyuk, N.Kronwall) 11:04

8. Detroit, Zetterberg 7 (Datsyuk, Rafalski)

19:56 (pp)

Penalties — Sarich Cal (hooking) 1:53, Bertuzzi Det (interference, unsportsmanlike conduct) 8:02, Hagman Cal (slashing) 9:28, Staian Cal (holding) 15:29, Iginla Cal, Abdelkader Det (unsportsmanlike conduct)

Bouwmeester Cal (interference) 18:04. Overtime

9. Detroit, Lidstrom 3 (Helm, Bertuzzi) 1:38

Penalties — None.

6 13 8 0-27 9 11 14 4-38 Goal — Calgary: Kiprusoff (L,7-9-1); Detroit: **chances)** — Calgary: 1-3; Detroit: 3-7. **Att.** — 19,636 (20,066) at Detroit. OILERS 4, DUCKS 2

Dallas at Toronto, 7 p.m. Washington at New Jersey, 7 p.m.

Calgary at N.Y. Rangers, 7 p.m.

Montreal at Philadelphia, 7 p.m. Nashville at Columbus, 7 p.m.

Nashville at Columbus, / p.m. Los Angeles at Ottawa, 7:30 p.m. Boston at Tampa Bay, 7:30 p.m. Pittsburgh at Florida, 7:30 p.m. Tomorrow's game Edmonton at Phoenix, 9 p.m.

First Period No Scoring.

Penalties — Brule Edm (slashing) 5:14, Voros Ana (roughing) 14:18, Edmonton bench (too many men; served by Paajarvi) 17:06. Second Period

1. Edmonton, Gagner 5 (Hemsky, Penner) 6:48 2. Edmonton, Hall 4 (Whitney, Horcoff) 8:29 3. Anaheim, Ryan 9 (Fowler, Visnovsky) 16:33

4. Anaheim, Koivu 9 (Sexton, Blake) 16:55 Penalties - Foster Edm (holding) 2:00, Fowler Ana (tripping) 3:30, Whitney Edm (holding) 13:56, Peckham Edm (delay of game) 16:25.

. Edmonton, Hemsky 6 (Penner, Gilbert)

13:29
6. Edmonton, Gilbert 3, 19:43 (en)

Penalty — Sutton Ana (holding) 10:15.

Edmonton Goal - Edmonton: Dubnyk (W,1-0-3); Ana-

heim: Hiller (L.8-8-2).

Power plays (goals-chances) — Edmonton: 0-3; Anaheim: 1-5.

Referees — Mike Leggo, Stephen Walkom.

Linesmen — Brad Kovachik, Jean Morin. **Attendance** — 14,267 (17,174).

COYOTES 3, CANUCKS 2

COYOTES 3, CANUCKS 2
First Period
No Scoring.
Penalties — Hansen Vcr (hooking) 11:39,
Rome Vcr (holding) 15:09.
Second Period
1. Phoenix, Upshall 5 (Yorkman) 2:22
2. Phoenix, Pyatt 2 (Schlemko) 6:07
3. Vancouver, Ehrhoff 3 (Raymond, Burrows)
8:51

4. Vancouver, Glass 2 (Schaefer, Alberts) 14:13

Penalties — None.

Penarues — INDITE.

Third Period

5. Phoenix, Pyatt 3 (Yandle, Stempniak) 5:52

Penalty — Kesler Vcr (slashing) 0:35.

Vancouver 10 10 8 28
Goal — Phoenix: Bryzgalov (W,9-2-5); Vancouver: Luongo (L,7-7-2). Power plays (goalschances) — Phoenix: 0-3; Vancouver: 0-0.
Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	Α	P1
Stamkos, TB	19	16	35
Crosby, Pgh	14	19	33
St. Louis, TB	8	19	27
Semin, Wash	14	12	20
Ovechkin, Wash	10	16	26
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
B.Richards, Dal	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	11	12	2
Perry, Ana	10	13	23
Roy, Buf	9	14	2
E.Staal, Car	9	14	2
M.Richards, Pha	8	15	23
Sharp, Chi	12	10	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Hejduk, Col	7	15	22
Eriksson, Dal	9	12	2
J.Williams, LA	9	12	2:
Getzlaf, Ana	7	14	2
P.Stastny, Col	8	12	20
Malkin, Pgh	7	13	20
Plekanec, Mtl	7	13	20
Liles, Col	3	17	20
Not including last night's	games		

CFL

PLAYOFFS

WEEK 21 Yesterday's results Division Finals East Division Montreal 48 Toronto 17

West Division

Saskatchewan 20 Calgary 16 WEEK 22

Sunday, Nov. 28 98th Grey Cup At Edmonton

Montreal vs. Saskatchewan, 6:30 p.m

TRANSACTIONS

HOCKEY

MINNESOTA WILD—Reassigned D Marco MINNESOTA WILD—Reassigned D Marco Scandella to Houston (AHL). PHILADELPHIA FLYERS—Acquired F Rob Bordson and D Danny Syvret from Anaheim for F Patrick Maroon and F David Laliberte. TAMPA BAY LIGHTMING—Reassigned F Johan Harju and D Mike Vernace to Norfolk (AHL).

ELMIRA JACKALS—Announced F Rvan Hiller has been recalled by Syracuse (AHL).
READING ROYALS—Announced F Mikhail Stefanovich has been assigned to the team from Toronto (AHL).

NBA

EASTERN CONFERENCE

ATLANTIC DIV	/ISION				ond. A
	W	L	Pct	GB	SCO
Boston	9	4	.692	_	300
New York	6	8	.429	31/2	
Toronto	5	9	.357	41/2	Durant
New Jersey	4	9	.308	5	Ellis, G
Philadelphia	3	10	.231	6	Bryant
SOUTHEAST	DIVISIO	V			Rose, O Nowit
	W	L	Pct	GB	Antho
Orlando	9	3	.750	_	Martin
Atlanta	8	5	.615	11/2	Westb
Miami	8	5	.615	11/2	James
Charlotte	5	8	.385	41/2	Gordo
Washington	4	8	.333	5	Stoude
CENTRAL DIV	ISION				Wade, Not i
	W	L	Pct	GB	NOCII
Chicago	7	4	.636	_	
Indiana	5	6	.455	2	00

WESTERN CONFERENCE

Detroit Milwaukee

SOUTHWEST D	IVISIO	N		
	W	L	Pct	G
New Orleans	11	1	.917	-
San Antonio	11	1	.917	-
Dallas	8	4	.667	
Memphis	5	9	.357	
Houston	3	9	.250	
NORTHWEST D	OIVISIO	N		
	W	L	Pct	G
Oklahoma City	9	4	.692	-
Utah	9	5	.643	1
Portland	8	6	.571	11,
Denver	7	6	.538	
Minnesota	4	10	.286	51)
PACIFIC DIVISI	ON			
	W	L	Pct	G

LA. Lakers 12 2
Golden State 7 6
Phoenix 6 7 6
Sacramento 4 8
LA. Clippers 1 13
Vesterday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110 (OT)
LA. Lakers 117 Golden State 89
Saturday's results .857 .538 .462 .333 .071

Saturday's results Charlotte 123 Phoenix 105 Orlando 90 Indiana 86 Memphis 97 Miami 95 Dallas 98 Atlanta 93

Dallas 98 Atlanta 93
Oklahoma City 82 Milwaukee 81
San Antonio 116 Cleveland 92
Denver 107 New Jersey 103
Utah 103 Portland 94
New York 124 L.A. Clippers 115
Tonight's games
(All times Eastern)
Roston at Majara, 7 m

Boston at Atlanta, 7 p.m Indiana at Miami, 7:30 p.m. Minnesota at Oklahoma City, 8 p.m. Phoenix at Houston, 8:30 p.m. Orlando at San Antonio, 8:30 p.m. Sacramento at Utah, 9 p.m.
Denver at Golden State, 10:30 p.m.
New Orleans at L.A. Clippers, 10:30 p.m.

RAPTORS 102, CELTICS 101

RAPTORS 102, CELTICS 101
BOSTON (101)
Picre 5-109-1319, Garnett 6-12-0-012,
S.O'Neal 2-8-4-4 8, Robinson 8-14-3-422, Allen 6-145-719, Gabwis 3-6-6-812, Erden 0-10-0
0, West 2-21-2-5, Daniels 2-4-0-0-4, Totals 34-7128-38101.
TORONTO (102)
Weems 8-20-0-016, Evans 3-5-3-5-9, Bargnani
9-20-9-13-29, Calderon 4-10-2-3-11, DeRozan 2-8-2-3-6, Johnson 4-5-9-17, Kleiza 1-2-0-0, Barbosa 3-6-6-12, Totals 34-7-6-30-39 102.
Boston 31 27 17 26 101
Toronto 38 32 12 0 102
3-Point Goals—Boston 5-13 (Robinson 3-6, Allen 2-5, Pierce 0-2), Toronto 4-15 Gargnani Allen 2-5, Pierce 0-2), Toronto 4-15 (Bargnani 2-6, Calderon 1-2, Barbosa 1-3, Weems 0-4). Fouled Out—S.O'Neal. Rebounds—Boston 47 (Allen, Garnett 8), Toronto 51 (Evans 16). Assists—Boston 17 (Pierce 5), Toronto 16 (Barbosa 5). Total Fouls—Boston 28, Toronto 27.

Technicals—Boston defensive three second. Calderon, Evans, Toronto defensive three sec-and. A—17,707 (19,800) at Toronto.

SCOKING AVERAGE									
	G	FG	FT	PTS	AVG				
Durant, OKC	11	101	88	308	28.0				
Ellis, GOL	12	127	61	332	27.7				
Bryant, LAL	13	113	94	339	26.1				
Rose, CHI	11	109	45	277	25.2				
Nowitzki, DAL	12	112	64	293	24.4				
Anthony, DEN	13	117	73	317	24.4				
Martin, HOU	12	80	100	285	23.8				
Westbrook, OKC	13	95	111	305	23.5				
James, MIA	13	102	88	304	23.4				
Gordon, LAC	12	93	83	280	23.3				
Stoudemire, NYK	14	119	81	324	23.1				
Wade, MIA	12	91	82	275	22.9				
Not including last	nigh	t's ga	mes						

SOCCER

MLS PLAYOFFS

THIRD ROUND Champions MLS Cup At Toronto Last night's result Colorado 2 FC Dallas 1 (extra time)

ENGLAND

PREMIER LEAGUE									
Team	GP	W	D	L	GF	GΑ	Pts		
Chelsea	14	9	1	4	28	9	28		
Man United	14	7	7	0	28	15	28		
Arsenal	14	8	2	4	28	15	26		
Man City	14	7	4	3	19	11	25		
Bolton	14	5	7	2	26	20	22		
Tottenham	14	6	4	4	21	19	22		
Sunderland	13	4	7	2	15	13	19		
Stoke	14	6	1	7	18	18	19		
Liverpool	14	5	4	5	16	17	19		
Newcastle	14	5	3	6	22	21	18		
Blackburn	14	5	3	6	17	18	18		
Blackpool	14	5	3	6	21	27	18		
Aston Villa	14	4	5	5	15	20	17		
Birmingham	14	3	7	4	15	17	16		
West Brom	14	4	4	6	16	25	16		
Everton	13	3	6	4	14	13	15		
Fulham	14	2	8	4	14	17	14		
Wigan	14	3	5	6	10	23	14		
Wolverhampton	14	2	3	9	14	25	9		
West Ham	14	1	6	7	11	25	9		
Vesterday's result	s								

Blackburn 2 Aston Villa 0

GFRMANY

BUNDESLIGA **Yesterday's results** Stuttgart 0 Cologne 1 St. Pauli 1 Wolfsburg 1

SPAIN

LA LIGA

Yesterday's results Osasuna 1 Sporting Gijon 0 Espanyol 3 Hercules 0 Levante 3 Racing Santander 1 Deportivo La Coruna 3 Malaga 0 Real Sociedad 2 Atletico Madrid 4

ITALY

SERIE A
Yesterday's results
Genoa D Juventus 2
Brescia 1 Cagliari 2
Catania 1 Bari 0
Cesena 1 Palermo 2
Chievo Verona 2 Inter Milan 1
Lecce 2 Sampdoria 3
Parma 11 Jazin 1

FRANCE

LIGUE1

Vesterday's results Arles-Avignon 2 Bordeaux 4 Lille 2 Monaco 1

NFL

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	P/
N.Y. Jets	8	2	0	.800	238	177
New England	8	2	0	.800	289	242
Miami	5	5	0	.500	172	208
Buffalo	2	8	0	.200	213	276
SOUTH						
Jacksonville	6	4	0	.600	220	270
Indianapolis	6	4	0	.600	268	216
Tennessee	5	5	0	.500	257	198
Houston	4	6	0	.400	244	287
NORTH						
Baltimore	7	3	0	.700	233	178
Pittsburgh	7	3	0	.700	235	165
Cleveland	3	7	0	.300	192	206
Cincinnati	2	8	0	.200	215	262
WEST						
	W	L	Т	Pct	PF	P/
Kansas City	6	4	0	.600	243	207

Oakland San Diego

Denver	_	•		.,,,,	203					
NATIONAL CONFERENCE										
EAST										
Philadelphia N.Y. Giants Washington Dallas	W 7 6 5 3	L 3 4 5 7	T 0 0 0	Pct .700 .600 .500 .300	PF 284 253 202 229	226 220 245 271				
SOUTH										
Atlanta New Orleans Tampa Bay Carolina	8 7 7 1	2 3 3 9	0 0 0	.800 .700 .700 .100	256 235 209 117	192 170 206 252				
NORTH										
Chicago Green Bay Minnesota Detroit	7 7 3 2	3 7 8	0 0 0	.700 .700 .300 .200	191 252 172 234	146 146 226 237				
WEST										
Seattle St. Louis San Francisco Arizona	W 5 4 3	L 5 6 7 7	0 0 0 0	Pct .500 .400 .300 .300	PF 185 177 160 188	233 198 219 292				

WEEK 11

Yesterday's results
Atlanta 34 St. Louis 17
Baltimere 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seathte 19
New Orleans 34 Seathte 19 New Orleans 34 Seattle 19 N.Y. Jets 30 Houston 27 Pittsburgh 35 Oakland 3 Tampa Bay 21 San Francisco 0 Washington 19 Tennessee 16 (OT) Philadelphia 27 N.Y. Giants 17 Philadelphia 2/ N.Y. Giants 1/ Thursday's result Chicago 16 Miami 0 Tonight's games (All times Eastern) Denver at San Diego, 8:30 p.m.

WEEK 12

Thursday, Nov. 25 New England at Detroit, 12:30 p.m. New Orleans at Dallas, 4:15 p.m. Cincinnati at N.Y. Jets, 8:20 p.m.

Cincinnati at N.Y. Jets, 8:20 p.m. Sunday, Nov. 28 Green Bay at Atlanta, 1 p.m. Tennessee at Houston, 1 p.m. Minnesota at Washington, 1 p.m. Pittsburgh at Buffalo, 1 p.m. Jacksonville at N.Y. Giants, 1 p.m. Kansas City at Seattle, 4:05 p.m. Miami at Oakland, 4:05 p.m. Philadelphia at Chicago, 4:15 p.m. St. Louis at Dewrey, 4:15 p.m. St. Louis at Denver, 4:15 p.m. Tampa Bay at Baltimore, 4:15 p.m San Diego at Indianapolis, 8:20 p.m. Monday, Nov. 29 San Francisco at Arizona, 8:30 p.m.

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Crossword

Across

- 1 Initial stake
- 5 Mandible
- 8 Joa 12 Take extra precautions
- 14 Inauguration recita
- tion 15 Used by all
- 16 "Do others ..."
- 17 Tokyo's old name
- 18 Abductor
- 20 Thread recommended by den-
- tists 23 Dullard
- 24 Allergic reaction
- 25 Remark
- 28 Lubricant 29 Fugard's "A Lesson
- From -'
- 30 Aah's partner
- 32 Order 34 FDR is pictured on
- 35 Roof overhand
- 36 Bowler hat
- 37 Graduates
- 40 Conger, for one 41 "The Bible Tells —"
- 42 Subway passenger,
- often
- 47 State with certainty 48 Citric quencher
- 49 Neat
- 50 Historic time
- 51 Business VIP

Down

- 1 Joan of -
- 2 Ultramodern (Pref.) 3 "Tiny" Dickens lad
- 4 Recome interwoven
- 5 2007 Ellen Page

6 Altar constellation 7 Greeted

8 Hairpiece

47

.:"1

- 9 Carry on
- 10 "Beetle Bailey" dog 11 Norse thunder god
- 13 Lather 19 Venus de Milo's
- 20 To and 21 Secular
- 22 Scandinavian city 23 Frontiersman
- Daniel
- 25 Collarbone
- 27 Mausoleum

29 "— for All Seasons" 31 Attention getter

47 -11

-;1)

•:1

- - 34 "Clair —" 36 Showroom sample

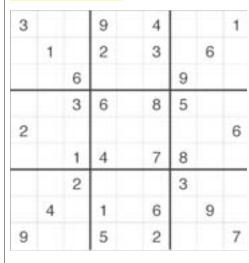
30

- 37 He loves (Lat.)
- 38 Jeans pioneer Strauss
- 39 Secondhand
- 40 Actress Thompson 43 "- the ramparts ...

33 "Cats" showstopper

44 April 15 payment 45 Netherlands city 46 Fun and games

Sudoku



How to play

MONDAY

Max -19°

Min -20°

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

A look at the weather

TUESDAY

Max -18°

Min -27



WEDNESDAY

Max -17

Min -25°

Caption contest

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

KISS

J.puff iloveu baby I might not be the best at expressing my love towards you but babe ilu more then anythg. Muahh <3 Yours && ONLY YOURS BULBUL (: .

To my lovely wife, happy second wedding anniversary. We are on our way to growing old together. LOVE ALWAYS, PAUL.

Hello, Diva!!! I'm so glad You came to visit Family in Hungary. You are such a nice person to be with and we love You so much. GRANDMA AGNES

Sadiki. I honestly did not know what love is until you came into my life. Each and every day i love you more and more. I miss you more than anything and am counting the months until we can be together forever. Love you forever and always 143 LOVE LIZ

TELEVI

26 Black (Fr.) movie



For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aries March 21-April 20 This is a marvelous time for travel and anything to do with expanding your horizons, both mentally and physically. ¥ Taurus Anril 21-May The

Sun moves into the area of the heavens that governs investments and anything else that has a bearing on your material wealth today. Whatever your financial ills may be they will get better very soon.

Today's horoscope

 ${
m II}$ Gemini May 22-June 21 You have come in for some criticism of late and although not all of it was deserved you know that some of it was. So, have you learned from your mistakes? Of course you have – learning is what Gemini does best.

G Cancer June 22-July 22 The past few weeks have seen you at your most confident and dynamic but the Sun's change of signs today will bring back one or two minor doubts. But that's all they are - minor so don't dwell on them.

 Leo July 23-Aug.23 You have so much confidence in yourself that there is just no way you will not be able to reach your goals. Anything is possible for you over the next four weeks.

MP Virgo Aug. 24- Sept. 22 The Sun's entry into one of the more sensitive areas of your chart may make you a bit distrustful of people you don't know very well but don't take it to extremes

 ← Libra Sept. 23-0ct. 23 Why are you dwelling on past mistakes when you should be thinking ahead to all the wonderful opportunities that will soon be coming to you?

M Scorpio oct. 24-Nov. 22 The Sun moves out of your birth sign today and into the area of the sky that governs what you own and earn, which means it is time to turn your attention to matters of a worldly nature.

Nov. 23-Dec. 21 A new solar year begins for you today and your first task is to decide what you intend to do with it. You must have a plan, even if it is only a vague outline of the path you hope to be taking.

り Capricorn Dec. 22-Jan. 20

You will be asking yourself some deep questions today, questions of the "what must I do with my life?" variety. Don't rush the answers - they will only come when the time is right.

Aquarius Jan. 21-Feb. 18 You've been a bit pushy of late, and that's okay because it was the only way to get things done, but now you must take a more relaxed attitude to relationships

H Pisces Feb. 19-March 20

Your voice will carry a lot more authority now that the Sun is crossing the midheaven angle of your chart. So what will you get people to do for vou? SALLY BROMPTON

Michele McDougall

"My favourite part is reporting the

weather. It fascinates me, and as

we know around here, it's always

changing, keeping forecasters on

their toes". WEEKDAYS 6AM

ANDREW S You

"I bought

too much gum"

WIN!

Write a funny caption for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro



THE BEST THING TO

NEW Crossword and Suduko updated daily.







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2011 Dodge 1/2 Ton 4x4 #BR12533

\$137 bw



2011 Jeep Grand Cherokee *Free Denle



2010 Dodge **Journey** *Free Deale

\$37,988 | \$208 bw

\$19,988 | \$111 bw





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2010 Dodge Charger

2010 Dodge Avenger

\$119 bw

\$126 bw

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128 bw

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Eliminate Back Pain! <





New Revolutionary Procedure Finally in Edmonton!

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed procedure called Neuro-Decompression. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category.

This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. This procedure is a health Canada and FDA approved procedure. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly).

Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I suffered for four years with severe back pain caused by three compacted discs in the lower lumbar region of the spine. I could only walk for about half a block before the pain set in. I could only stand up for fifteen minutes before the pain would start.

After 22 treatments of decompression, my back pain was gone but I had very sore and stiff back muscles. I then went on a two-week tour of egypt which entailed walking over uneven ground climbing steps and down into tombs for four to six hours a day. My wife and I were toolly amazed there was no back pain; just some sore muscles with very slight discomfort. This was over a month ago and I'm still doing

I would not hesitate to recommend Canadian Decompression and Pain Centers to anyone, I have received excellent treatment from all clinic stuff.

- Oitford (Ben)Shindell, Edmonton

I have had a lot of problems with my lower back and with my sciotic nerve... I heard about CDPC and made an appointment...I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

I was experiencing stabbing pains in my lower back. After six treatments, the pain was gone and I had more mobility. I was recommended by a neighbour and have already suggested this treatment to a friend with back problems.

-Corol Pattieroth, Edmonton

I am very grateful to the doctor's and staff at the CDPC. After 20 years of back pain I was so fortunate to receive the decompression treatments. I am now pain free after 20 sessions. The staff is great! They are caring and compassionate people. -Rudi Marczak, Edmonton

Theart about CDPC from a friend who had read an at in a newspaper. Thad terrible lower back pain which I discovered was being cause by three hemisted discs with an epinching my science neive causing exoutiating pain and numbers in my feet and also conseing drop fact. I was to the point of using a case to get around. To this point I had tried chiegractic massage, and physiotherapy who suggested on MRI, which I had

I then called CDPC to have the consultation and they were sure they awid help me, i started taking my first treatments the first week of Nevember - four treatments per week with a total of twesty. After the first four treatments I felt some relief of pain and after 12 treatments was able to get along without the case, I have now finished my treatments and I feel 100% better and are able to enjoy life. I would like to give a special thank-you to the staff of CDPC for their compassion and care to me as their patients. I would highly recommend them for anyone's treatment.

- Ron Kelly, Edmonton

I worked in the machine industry as a machinist for over forty years. I have had a lot of problems with my lower back in the L4, L5 area and with my sciatic nerve over the last five

When I heard about CDPC I made an appointment to have my back checked. They set me up on a twenty week program. I progressed from severe pain to very little pain over the treatment program. I would recommend this procedure to anyone having lower back problems.

I would like to thank the doctors and staff of CDPC for helping me with my lower back.

-Kenneth R., Edmonton

CONDITIONS TREATED:

- Disc buige or Herniation Spinal Stenosis

- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- verative disc disease

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